



# Wellness Holidays



Whether you're looking to kick start a healthy lifestyle, indulge in some much-needed 'me time' or simply wanting to enjoy your yoga practice with like-minded souls, our wellness holidays can be found from France to Costa Rica and Wales to South Africa. Thousands of people have already discovered that our eclectic mix of wellbeing escapes are as diverse as the people who go on them. Come and join them.

**Yoga & Meditation Retreat in Portugal**



**Yoga & Detox Weekend in Wales**



**Jewellery Making & Wellness in France**



**Painting, Cooking & Yoga in Italy**



**Yoga Holiday in Costa Rica**



**Learn Spanish & Yoga in Spain**



Plus many more available...

*For more details, contact your local travel agent*

